

# CREDENTIALING & CERTIFICATION

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# BASIC REQUIREMENTS

- Enjoy working with older adults
- CPR certification
- National recognized or YMCA certification
- EnhanceFitness certification



# DIFFERENT PATHS, SAME RESULTS

## Sound Generations Path:

CPR

## Group Exercise Certification:

- YMCA (offered by ACE) - \$125
- National Certification - \$300-500

EnhanceFitness - \$150

## YMCA Path:

CPR

## Group Exercise Certification:

- YMCA (offered by ACE) - \$125
- National Certification - \$300-500

EnhanceFitness - \$120

NOTE: Everyone can do the YMCA Path,  
but YMCA staff cannot do the Sound Generations Path



# CHANGES TO THE YMCA'S GROUP EXERCISE CERTIFICATION



# BEFORE 2016

- CPR certification
- Healthy Lifestyle Principles
- Foundations of Group Exercise
- EnhanceFitness



# Requirement Comparison

## Before 2016

- CPR certification
- Healthy Lifestyle Principles
- Foundations of Group Exercise
- EnhanceFitness

## 2016 and Beyond

- CPR
- Orientation to Healthy Living at the Y
- Foundations of Listen First
- Principles of Member Health & Wellness
- Group Exercise at the Y
- Foundations of Group Exercise at the Y – offered by ACE (or Transition)
- EnhanceFitness



# WHY CHANGE?

- Convenience
- Partnership with the American Council on Exercise (ACE)
- Discount on ACE CEC's



**TRANSITIONING  
TO THE NEW YMCA  
CERTIFICATION**



# Certification Costs

CERTIFICATIONS	COST Jan-Aug	COST Sept-Dec	COST Jan '17*
Orientation to Healthy Living at the Y	Free	Free	Free
Foundations of Listen First	Free	\$20	\$20
Principles of Member Health & Wellness	Free	\$30	\$30
Group Exercise at the Y	Free	Free	Free
Foundations of Group Exercise Transition**	Free	\$30	\$75

\* New instructors will pay these prices

\*\* New instructors will take “Foundations of Group Exercise at the Y”



**LEARNING &  
CAREER  
DEVELOPMENT  
CENTER**

# NAVIGATING THE LCDC

- Uploading your CPR card
- Finding a class
- Uploading your national certification
- Finding CEC's
- Monitoring your CEC's



# LCDC BEST PRACTICES

- New hires, new accounts
- Upload CPR card
- Register for your training at 'work'
- Schedule time for your trainings
- Be aware of registration deadlines
- Get on the LCDC at least 1x/month
- Give your user name/password to your supervisor



**QUESTIONS?**

**THANK YOU!**